



**Nov. 2022**

## **Damascus 55+ Senior Center**

9701 MAIN STREET, DAMASCUS, MD 20872  
240-777-6995

### **ANNOUNCEMENTS**

The Center will be closed on Fri., Nov. 11 for Veteran's Day and both Thurs., and Fri., Nov. 24 and 25 for Thanksgiving.

### **SPECIAL EVENTS**

**Special Programs Daily at 1:00 pm Activity #R07107-103**

*Dates with special guests include:*

- ♦ **Music by Frank Plumer:** Wed., Nov. 2
- ♦ **Birthday Celebration:** Thurs., Nov. 3 sponsored by M&T Bank
- ♦ **Veteran's Day Event** w/American Heritage Girls: Thurs., Nov. 10
- ♦ **A Trip to Iceland with Sue Guy:** Wed., Nov. 16
- ♦ **Piano Tunes with Gwen:** Fri., Nov. 18
- ♦ **Monthly Chat with the Director:** Mon., Nov. 28
- ♦ **Music with Polly:** Tues., Nov. 29

**Damascus Heritage Museum:** Wed., Nov., 9, 11:00 am,

**Thanksgiving Feast catered by Tom & Rays:** Thurs., Nov. 17, 12:00 noon, Sign up at the Front Desk, Space is limited. *Activity # R07089-101*

**Watercolors with Gillian:** 5-week program continues through Wed., Nov. 16, 10:30 am—12:00 noon, *Activity # R07095-112*

**Mosaics with Carien:** 8-week program continues through Tues., Nov. 22, 10:00-11:30 am, *Activity # R07095-111*

**Fresh Conversations Nutrition Education Series with Mona from UMD:** Monthly program Sept-Jan. on Mondays from 10-11 am. Recipes, games, and educational material! *Activity # R-07024-102*

- This month: **Nov. 14**, The connection between diet, exercise, and sleep
- Future sessions include: What's trending in the nutrition world? - **Dec .12**, The "sunshine" vitamin & the connection with depression - **Jan 9**, Cooking for 1 or 2 - **Jan 30**

**And much more!** Check out the inside and calendar!

### **DAMASCUS SENIOR CENTER HOURS**

**Monday—Friday**

**9:00 a.m.—4:00  
p.m.**

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### **TEAM MEMBERS**

**Director:**  
**Cathy Richards**

**Nutrition  
Coordinator:**  
**Teresa Wu**

**Special Events  
Coordinator:**  
**Lisa Cassarino  
Liscinsky**

**Recreation  
Assistants:**  
**Carmen Flores  
Suzie Diddle**

**JCA Bus Driver:**  
**Pierre Jean Claude**

**DSCSI:**  
**Elaine DeStefano**

**Day Porter:**  
**Rosy Ventura**

**We also have many  
treasured volunteers  
helping at the front  
desk. Together, we  
are delighted to  
spend the day with  
you! Please let us  
know how we can be  
of assistance!**

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## **Exercise Room and Billiards Room**

Open for your pleasure Monday-Friday, 9:00 am—4:00 pm

Exercise Room Activity #R07039-104, Billiards Room Activity #R07103-101

Need pointers on playing billiards? Jessie is available most Tuesdays at 1:30 pm!

## **Needlecraft Room**

Join other needlecrafters on Wed. and Thurs., 11:00 am, Activity #R07053-102

## **Game Time**

Mah Jong, Weds., 12:30 pm, Activity #R07047-104

Canasta, Thurs., 1:00 pm, Activity #R07112-103

## **Exercise Classes**

Walking Club on Mondays, 10:00 am (Free) Activity #R07035-103

Chairobics, Tuesday-Friday, 10:00 am (Free) Activity #R07066-102

Tap Dance on Mondays, 11:00 am (\$ - Activity #R07007-502)

Tai Chi on Tuesdays at 1:00 pm Activity #R07025-105

Zumba on Wednesdays, 11:00 am (Free) Activity #R07070-106

Yoga on Fridays, 11:00 am (Free) Activity #R07029-104

## **Meal Program**

Lunch is served every day at 12:00 pm, provided by the *Meals on Wheels Senior Nutrition Program*. Reservations are required to participate. Speak to one of the Staff and they will walk you through the process. This includes reviewing the menu for the month, deciding which day(s) you'd like to participate, and then selecting the hot, cold, or vegetarian choice for each day. If you make a reservation for a meal and miss without cancelling by 11:00 am the day before, you will be recorded as a "no-show" for the day. If you have three no-shows in a month, you will be unable to participate again until the next month. Stand-by meals are not guaranteed. Donations are suggested at the rate of \$2.00 per meal for those 60+ years of age. Guests under the age of 60 are asked to pay \$7.05, which is the full cost of the meal.

## **Shopping Trips**

*Bring your shopping list and join us!*

**Mt. Airy Walmart:** Tuesday, Nov. 1, 9:30 am, Activity # R07101-107

**Harwood House:** Thurs., Nov. 10, 9:45 am, Activity # R07101-108

## **Free Bus Transportation**

Free Bus Transportation is available for those who live within a 5-mile radius, mornings and afternoons, Monday-Friday. Reservations can be made in person at the center or by calling the front desk at 240-777-6995. The bus arrives at the Center at 9:00 am and departs at 2:15 pm.

## **Aging and Disability Services (240-777-3000)**

Assistance available with Tracy Carter. Leave a message at 240-777-1060. This program can answer questions about senior health services, transportation, provide housing information, and offer consultations with a Senior Information Specialist about County and other resources.

**Aging & Disability 1:1 Meetings with Tracy Carter will be available on Wed., Nov. 16.** Call Tracy to make an appointment.

### **Coping with Change, Thursdays at 11:00 am**

Free drop-in support group with Yasaman Alavi focusing on both support and coping skills to handle the changes that seniors experience as they age. Sponsored by the Affiliated Sante Group. For questions, call 301-332-0462, *Activity #07076-104*

## **Join the Tea Dancers!**

The Tea Dancing group meets every **Thursday from 1:00—2:00 pm** for dancing followed by refreshments. Bring a partner and enjoy music and movement! Note that this is not dance lessons and there are no instructors; rather, this is company with a common interest! *Activity #R07050-103*

## **Medical Equipment Loans**

The Damascus Lions Club maintains a medical “closet” for the local community. If you would like to borrow or donate any medical equipment (wheelchairs, walkers, canes, hospital beds, crutches, shower stools, etc.), please call Lion Tessie Gladhill at 301-253-2141 or Lion Jack Peters at 301-253-2589.

## **Recycling and/or Disposal of Used Batteries**

Look for the box on the coatroom shelf outside the auditorium.

## **AARP Friendly Voice Program**

If you or someone you love is feeling isolated or anxious in these challenging times, hearing a friendly voice on the phone may help. The AARP Friendly Voice Program provides trained, caring volunteers standing by ready to chat, listen, or just say hello. It's easy. Request a call by dialing AARP at 1-888-281-0145 for English or 1-888-497-4108 for Spanish, between 9 am—5 pm.

## **Thank You!**

Thank you to local businesses and organizations that donate their time, services and/or products to enrich our programs!

4-H - American Heritage Girls - Bealls Florist - Damascus Lions Club  
Damascus Y Women - Harwood House - Little Far East II - Partners in Care  
Pivot Physical Therapy - Quincy's Uptown Bar and Grill - Safeway - Trader Joe's  
- Weis Markets

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
In case of inclement weather, please call the Center for a recorded message regarding hours of operation.	1 9:00 Social Hour <b>9:30 Walmart</b> 10:00 Chairobics 10:00 Mosaics 12:00 Lunch 12:40 Tai Chi Intro 1:00 Tai Chi 1:00 Tell Me Your Story Day	2 9:00 Social Hour 10:00 Chairobics 10:30 Watercolors 11:00 Zumba 12:00 Lunch 12:30 Mah Jong <b>1:00 Frank Plumer</b>	3 9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Coping w/ Change 12:00 Lunch 1:00 Canasta 1:00 Tea Dance <b>1:00 Birthday Party</b>	4 9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch 1:00 LCR
7 9:00 Social Hour 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 1:00 TED Talk Monday	8 9:00 Social Hour 10:00 Chairobics 10:00 Mosaics 12:00 Lunch 12:40 Tai Chi Intro 1:00 Tai Chi 1:00 Art and Music	9 9:00 Social Hour 10:00 Chairobics 10:30 Watercolors <b>11:00 Heritage Museum</b> 11:00 Zumba 12:00 Lunch 12:30 Mah Jong 1:00 Bingo	10 9:00 Social Hour <b>9:45 Harwood House</b> 10:00 Chairobics 11:00 Needlecraft 11:00 Coping w/ Change 12:00 Lunch 1:00 Canasta 1:00 Tea Dance <b>1:00 Veteran's Day Program</b>	11  <b>Closed for Veteran's Day</b>
14 9:00 Social Hour 10:00 Walking Club <b>10:00 Nutrition Series</b> 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Tongue Twister Day	15 9:00 Social Hour 10:00 Chairobics 10:00 Mosaics 12:00 Lunch 12:40 Tai Chi Intro 1:00 Tai Chi 1:00 Geography Day	16 9:00 Social Hour 10:00 Chairobics 10:30 Watercolors <b>11:30 Social Worker</b> 11:00 Zumba 12:00 Lunch 12:30 Mah Jong <b>1:00 A Trip to Iceland with Sue Guy</b>	17 9:00 Social Hour 10:00 Chairobics 11:00 Needlecraft 11:00 Coping w/ Change <b>12:00 Holiday Meal</b> 1:00 Canasta 1:00 Tea Dance <i>1:00 Holiday Meal cont.</i>	18 9:00 Social Hour 10:00 Chairobics 11:00 Yoga 12:00 Lunch <b>1:00 Gwen on Piano</b>
21 9:00 Social Hour 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch 1:00 Brain Games	22 9:00 Social Hour 10:00 Chairobics 10:00 Mosaics 11:15 Movie Day 12:00 Lunch 12:40 Tai Chi Intro 1:00 Tai Chi 12:45 Movie Day (cont.)	23 9:00 Social Hour 10:00 Chairobics 11:00 Zumba 12:00 Lunch 12:30 Mah Jong 1:00 Senior Choice	24  <b>Closed for Thanksgiving</b>	25  <b>Closed for Thanksgiving</b>
28 9:00 Social Hour 10:00 Walking Club 11:00 Tap Dance (\$) 12:00 Lunch <b>1:00 Chat with the Director</b>	29 9:00 Social Hour 10:00 Chairobics 12:00 Lunch 12:40 Tai Chi Intro 1:00 Tai Chi <b>1:00 Music with Polly</b>	30 9:00 Social Hour 10:00 Chairobics 11:00 Zumba 12:00 Lunch 12:30 Mah Jong 1:00 Nutrition with Teresa		